J. Krishnamurti's Perception in Poems, as revealed in Shibendu.

Listen, O friend, I shall tell thee of the secret perfume of life.

Life has no philosophy, No cunning systems of thought.

Life has no religion, No adoration in deep sanctuaries.

Life has no god, Nor the burden of fearsome mystery.

Life has no abode, Nor the aching sorrow of ultimate decay.

Life has no pleasure, no pain, Nor the corruption of pursuing love.

Life is neither good nor evil, Nor the dark punishment of careless sin.

Life gives no comfort, Nor does it rest on the shrine of oblivion.

Life is neither spirit nor matter, Nor is there the cruel division of action and inaction.

Life has no death, Nor has it the void of loneliness in the shadow of Time.

Free is the man who lives in the Eternal. For Life is.

Perceptions from the Guru-process:

1) Life is like secret pulp in the coconut water. Pulp is already there in the coconut water but is not visible in the beginning. As a coconut fruit matures by passing through heat of the environment over the period, pulp starts becoming visible and water starts disappearing. At the point of time when there is no water inside, fruit becomes complete and whole.

Similarly, Life is not perceptible in the beginning due to too much conditionings and "I"-ness. With the Grace of the Guru, when one passes through Swadhyay and Tapa, one starts finding the glimpses of the holistic and division-free Awareness, the Divinity, the Life within. When the divisive consciousness evaporates completely, it is only Life, the Divinity that remains. This is living in "Is"-ness in spite of "I"-ness for practical reasons.

2) Through understanding the "Swadhyay" process alone or through the both, "Swadhyay" as well as the practice of "Tapa" of Kriya Yoga, if it is understood that "I" is an illusion and is fictitious, then one is free from the desires of pleasure gratification and fear of insecurity etc. and is established in his Natural state of peace and bliss.

If it is not understood, it is due to the heavy conditionings of the past. Kriya Yoga is perhaps the only science available to the mankind which does deconditionings and sets one free of his past.